

“BEYOND THE CLASSROOM” ENGLISH SELF-STUDY GUIDE

School _____ **City** _____

Teacher's name _____

Student's name _____

Grade 8th **Level** A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados padres de familia y/o acudientes,

Continuamos nuestra labor, apreciamos su compromiso, excelente actitud y trabajo en equipo para el beneficio de nuestros jóvenes. El diseño de esta guía está basado en el libro Way to Go 8, Módulo 2, Unidad 2 página 61. Para el desarrollo de la misma, su hijo(a) realizará las siguientes actividades en un tiempo estimado de 1 hora:

- Sección 1 (vocabulario): Ejercicio para reconocer palabras claves sobre alimentos y sus beneficios para la salud.
- Sección 2 (Escucha): su hijo(a) escuchará una charla sobre los nutrientes presentes en los alimentos.
- Sección 3 (Lectura): Su hijo(a) leerá algunos consejos nutricionales y descubrirá su estructura gramatical.
- Sección 4 (Habla): su hijo(a) empleará el vocabulario y estructuras estudiadas en esta guía de aprendizaje para hacer una corta presentación en video de sus hábitos alimenticios y los beneficios que aportan a su salud.
- Sección 5 (autoevaluación): Su hijo(a) evaluará su aprendizaje a partir de las actividades que desarrolló.

Así, a través del desarrollo de estas actividades, su hijo(a) mejorará su manejo de vocabulario relacionado con los alimentos, su aporte nutricional y la estructura en inglés usada para dar consejos nutricionales.

Adicionalmente su hijo(a) cuenta con ejemplos de cada actividad, recursos adicionales y las respuestas correctas correspondientes a los ejercicios.

Esperamos que pueda apoyar a su hijo(a) supervisando el desarrollo de las actividades y formulando las preguntas que se encuentran al final de esta guía en la sección ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA a fin de confirmar los aprendizajes que su hijo(a) logró realizar.

Mil gracias por su apoyo!

WELCOME TO THIS SELF-STUDY GUIDE

This English self-study guide helps you learn vocabulary about food, nutrients and eating habits. All the activities are connected to the reading in Way to Go Student Book 8 Module 2 Unit 2 (page 61). It starts with some vocabulary activities. Then, you have to listen to an audio and answer some questions about it, then you will discover how to give orders, commands, warnings or instructions. Finally, you will make a presentation about your eating habits explaining the benefits for your health.



Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy Food Choices	Reading, listening and writing	Present simple questions; Wh- questions; Imperative	Food and Nutrient	Giving information about eating habits.

GET READY

Study time needed: 1 hour	Resources: English dictionary, notebook, pencil, mobile phone / computer, PDF file of Way to Go Student book 8.	Textbooks Links: - Way to Go - Student book 8 page 61 - https://drive.google.com/file/d/11WHC1E99542U204WIA5xxm5VQ3iSN6St/view - Track 28 https://drive.google.com/file/d/1n3eV-pEsn8lsgB8RPuGaD_Io8MrW9w0-/view?usp=sharing
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LEARNING OBJECTIVES

LEARNING STRATEGIES

What will you learn/practise/reinforce with these activities?

- To use vocabulary about eating habits in a real context.
- To identify information about nutrition in an audio.
- To give information about the nutritional value and health benefits of food.

- What can you do to achieve the objectives?
- Read the instructions for each task.
- Look at the examples given in each activity of this learning guide. They are highlighted in yellow.
- Infer the meaning of new words from the context.
- Check the meaning of the vocabulary before you listen.
- Check your writing carefully for spelling, punctuation and grammar mistakes.
- Make some notes to plan your speaking.
- Speak slowly and use simple language.

ACTIVITIES

1. VOCABULARY TASK (10 minutes)

a. Look at the pictures and label them with the words in the Word Bank.

Fried chicken/ baked potatoes / steamed vegetables / minced beef / protein / dairy products / fats and sugary food/ cereals/ fibre/ good skin/ healthy teeth/ strong muscles/ calcium/ bones/



1



2



3



4



5



6

1.fats and sugary food

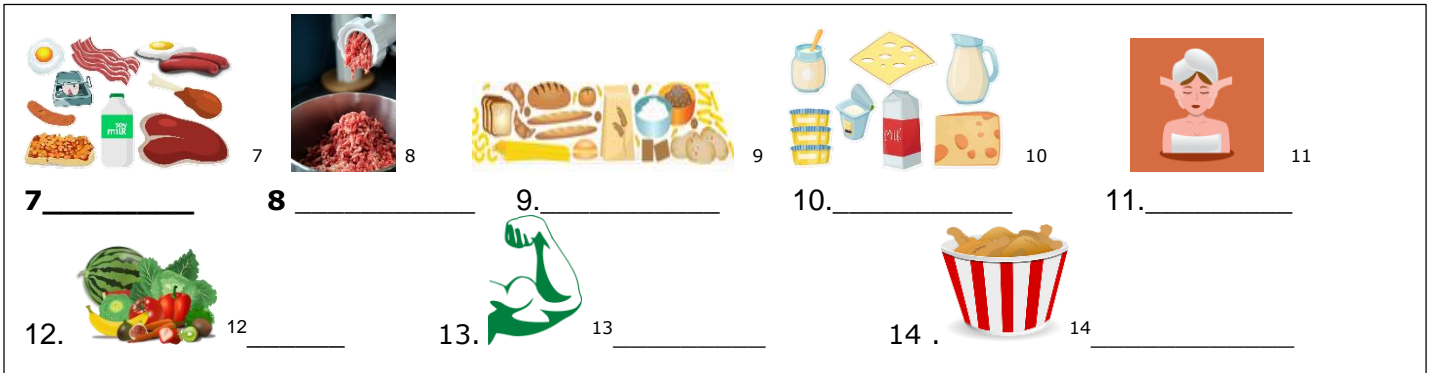
2. _____

3. _____

4. _____

5. _____

6. _____



2. LISTENING TASK: Track No. 28 (15 minutes)

1. Listen to a teacher talking about nutrition. Decide if the following sentences are True or False.

- a. Teacher says vegetables and fruits are good for the heart, eyes and skin. **True**
- b. Teacher says lipids are “good fats” and help the brain to function. _____
- c. Teacher says protein provides energy for our bodies; energy to move, to learn, to think. _____

2. Listen to the recording again and cross off the wrong word.

- a. Vitamins and minerals are essential for healthy **eyes/bones**
- b. Calcium is really important for healthy **intestines/teeth**.
- c. Too **much/little** fat can cause weight problems.
- d. Protein helps grow and maintain strong bones and **intestines/muscles**.

Adapted from Way to Go 8- page 61

3. LANGUAGE TASK (10 minutes)

HEALTHY TIPS

- Eat a lot of fruit and vegetables because they are essential for healthy eyes, skin and heart.
- Be careful with the consumption of fats.
- Make sure to eat protein for strong bones and muscles.
- Don´t eat too much fatty food.
- Drink lots of water.
- You should eat fruits and vegetables because they contain fibre.

b. Read the healthy tips and answer the questions.

1. We use the imperatives to give **commands, orders or instructions.**
2. Is the statement “*You should eat fruits and vegetables because they contain fibre*” a command?
3. The negative imperative is formed by placing “don´t” **before** or **after** the verb infinitive?



a. Read the healthy tips again and choose the correct words to complete the rules.

1. Imperatives start with a **verb / noun**.
2. We use the **infinitive / -ing** form to make the imperatives.
3. Imperatives are used without a **verb / subject**.
4. The basic form of the imperative **remains the same / changes** if we talk about one or more people.
5. We use **Don't / Not** in negative imperatives.
6. The word order of a sentence in the imperative is **verb + object / subject + verb**

C. Write the words in the correct order.

1. Plenty / water / of / drink / drink plenty of water.
2. sure/ make/ fiber / include / to/diet / your/ in / _____
3. Eat / don't / to / vegetables / a lot of / forget / fruit / and / _____
4. With / fats / of / careful / be / consumption / the / _____

4. SPEAKING TASK (20 minutes)

a. Prepare for speaking. Complete the following sentences about you.

Example: I eat cheese and milk because they are good for my teeth and bones.

I eat _____ because they are good for my _____.

I eat _____ because they are good for my _____.

I eat _____ because they are good for my _____.

b. Select the food you regularly eat to keep healthy and make a short presentation explaining your eating habits. In your presentation include 1) the food you mainly eat. 2) how often or how much you consume these foods 3) nutritional values 4) two commands about healthy habits (positive and negative).

Example:

I always eat a lot of fruits for breakfast because they are good for my eyes, skin and heart. For lunch, I eat regular portions of fish and chicken because they are good for my bones and muscles. For dinner, I prefer to have oatmeal with apples because they help my intestines to function correctly. Finally, my advice for you, **drink** plenty of water and **don't eat** fast food.

Your presentation:



- c. Speaking. Ask someone to help you record. Make a video demonstration (no longer than 2 minutes) presenting your daily eating habits and send it to your teacher via whatsapp.

5. SELF-ASSESSMENT TASKS (5 minutes)

Tick the option that shows what you can do.

<i>After finishing this self-study guide, I can...</i>	Very well	Quite well	With difficulty
Use vocabulary about healthy food choices.			
Identify information about nutrition in an audio.			
Give information about the nutritional value and health benefits of food.			

THIS IS THE END

Congratulations, you did a great job! Now you can give healthy advices to your family and friends and explain the nutritional values of the food you eat every day. You did a good presentation using vocabulary about your healthy eating habits and the nutritional value of food.

USEFUL RESOURCES

Online English Spanish dictionary

<https://dictionary.cambridge.org/dictionary/english-spanish/>

For further practice about imperatives:

<https://learnenglishkids.britishcouncil.org/grammar-practice/imperatives>

<https://www.bbc.co.uk/worldservice/learningenglish/flatmates/episode161/languagepoint.shtml>
[/learnenglish.britishcouncil.org/category/grammar/imperatives](https://learnenglish.britishcouncil.org/category/grammar/imperatives)

Listening

<https://www.esl-lab.com/easy/snack-time/>



ANSWER KEY

1. VOCABULARY TASK

- a. 1. Fats and sugary food. 2. Bones 3. Baked potatoes. 4. Healthy teeth.
 5. Calcium. 6. Steamed vegetables. 7. Protein. 8. Minced beef.
 9. Cereals. 10. Dairy products. 11. Good skin. 12. Fibre.
 13. Strong muscles. 14. Fried chicken.

2. LISTENING TASK

1. a. True b. True c. False
 2. a. eyes b. teeth c. much d. Muscles.

3. LANGUAGE TASK

- a. 1. Commands, orders, or instructions
 2. Yes
 3. before
 b. 1. verb
 2. infinitive
 3. subject
 4. Remains the same
 5. Don't
 6. Verb + object
 c. 1. Drink plenty of water
 2. Make sure to include fibre in your diet.
 3. Don't forget to eat a lot of fruit and vegetables
 4. Be careful with the consumption of fats.

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez su hijo(a) ha desarrollado completamente las actividades (tasks) 1 a 5, es momento de hacer verificación de su proceso de aprendizaje; por tanto, le sugerimos hacer las siguientes preguntas:

- ¿Cuál fue la actividad que más te gusto? Por que?
- ¿Cuál fue la actividad que te pareció más compleja? Por que?
- ¿Lograste hablar de tus hábitos alimenticios y el valor nutricional que éstos aportan a tu salud?
- ¿Cuánto tiempo te tomó desarrollar la guía?
- ¿Empleaste algunos de los recursos sugeridos en la sección USEFUL RESOURCES?

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**Way to Go Student Book 8, page 61, exercise 5
Audio Script 28**

Audio Script

28

Teacher: So, today we're talking about nutrition – the nutrients in our food that keep us healthy. Good nutrition is essential for good health and to prevent eating disorders.

Now, what are the health benefits of a balanced diet?

First, it's important to include fruit and vegetables in your daily diet because they contain vitamins and minerals that are essential for healthy eyes, good skin, and for your heart. Very important. ... Yes?

Student: I have a question. Is calcium good for your eyes?

Teacher: Calcium is really important for healthy teeth. And bones as well.

OK, so, next ... Well, again you should eat a lot of fruit and vegetables because they also contain fibre. Your intestines need fibre to function correctly.

Another thing is to be careful with the consumption of fats. Too much fat can cause weight problems. However, you should include them in your diet because some fats, called lipids, help your brain to function. Lipids are 'good fats'. They also protect your whole body. Just be careful not to eat too much fatty food.

Next, make sure you eat some food with lots of protein. Protein helps grow and maintain strong bones and muscles.

Finally, include some carbohydrates in your diet. They are also very important because they provide energy for our bodies; energy to move, to learn, to think.